



The Early Education Center at Wesleyan Christian Academy

WEEKLY Allergen Friendly DINING MENU

May 10th - May 21st, 2021

| | 10th Monday | 11th Tuesday | 12th Wednesday | 13th Thursday | 14th Friday |
|---|---|---|---|--|---|
| AM Snack | 100% Fruit Juice Milk/Water Cheerios(WG) | 100% Fruit Juice Milk/Water Sausage | 100% Fruit Juice Milk/Water Bacon | 100% Fruit Juice Milk/Water Sun Butter Rice Cake | 100% Fruit Juice Milk/Water Rice Chex(WG) |
| Lunch | Roasted Chicken Brown Rice Green Beans Mandarin Oranges Milk or Juice | Cheese less Philly Steak Corn Tortilla(WG) Green Peas Apple Sauce Milk or Juice | Roasted Turkey Pasta with Marinara(WG) Baby Carrots Pears Milk or Juice | Ham and Corn Tortilla(WG) Rollup Baked Beans Peaches Milk or Juice | Allergen Friendly Pasta with Meat sauce(WG) Broccoli Fruit Cocktail Milk or Juice |
| PM Snack (Early Ed and After School) | Hummus Celery Sticks | Rice Cake Clementine | Apple Slices Tortilla Chips | Cinnamon Chex(WG) Fruit Cup | Sun Butter Carrots |

| | 17th Monday | 18th Tuesday | 19th Wednesday | 20th Thursday | 21st Friday |
|---|--|--|--|---|--|
| AM Snack | 100% Fruit Juice Milk/Water Cinnamon Chex(WG) | 100% Fruit Juice Milk/Water Turkey Sausage | 100% Fruit Juice Milk/Water Cheerios(WG) | 100% Fruit Juice Milk/Water Bacon | 100% Fruit Juice Milk/Water Rice Chex(WG) |
| Lunch | Ham and Corn Tortilla Rollup(WG) Green Peas Mandarin Oranges Milk or Juice | Bun less Burger Brown Rice(WG) Roasted Cauliflower Mixed Fruit Milk or Juice | Roasted Chicken Pasta with Marinara(WG) Baby Carrots Pears Milk or Juice | Pig in a Blanket with Corn Tortilla(WG) Lima Beans Applesauce Milk or Juice | Chicken Tacos Corn Tortilla(WG) Corn Peaches Milk or Juice |
| PM Snack (Early Ed and After School) | Hummus Celery Sticks | Rice Cake Clementine | Apple Slices Tortilla Chips | Cinnamon Chex(WG) Fruit Cup | Sun Butter Carrots |

1Fluid Milk: 1 year old: Unflavored whole milk; 2-5 years old: unflavored fat-free (skim) or unflavored low-fat (1%) milk; 6 years and older: unflavored fat-free (skim) or low-fat (1%) milk; flavored fat-free (skim) or low-fat (1%) milk. Breastmilk may substitute for documentation. 2Juice, if served, is pasteurized full-strength (100%) juice. cow's milk at any age. Non-dairy beverages may be served with appropriate documentation. 2Juice, if served, is pasteurized full-strength (100%) juice. WG, WW, and WGR indicate whole grain-rich foods. This Institution is an equal opportunity employer.



The Early Education Center at Wesleyan Christian Academy

WEEKLY Allergen Friendly DINING MENU

May 24th - June 4th, 2021

| | 24th Monday | 25th Tuesday | 26th Wednesday | 27th Thursday | 28th Friday |
|---|---|--|--|--|---|
| AM Snack | 100% Fruit Juice Milk/Water Rice Chex | 100% Fruit Juice Milk/Water Sausage | 100% Fruit Juice Milk/Water Cheerios(WG) | 100% Fruit Juice Milk/Water Sun Butter Rice Cake | 100% Fruit Juice Milk/Water Cinnamon Chex(WG) |
| Lunch | Beef Taco Brown Rice(WG) Green Peas Diced Pears Milk or Juice | Pig in a Blanket Corn Tortilla(WG) Green Beans Peaches Milk or Juice | Allergen Friendly Meat Loaf Brown Rice(WG) Carrots Pineapple Milk or Juice | Chicken Tacos Corn Tortilla(WG) Broccoli Mixed Fruit Milk or Juice | Allergen Friendly Pasta with Meatsauce(WG) Cauliflower Mandarin Oranges Milk or Juice |
| PM Snack (Early Ed and After School) | Rice Cake Raisins | Applesauce Cinnamon Chex(WG) | Banana Celery Sticks | Cheerios(WG) Fruit Cup | Sun Butter Carrots |

| | 31st Monday | 1st Tuesday | 2nd Wednesday | 3rd Thursday | 4th Friday |
|---|----------------|---|---|---|---|
| AM Snack | | 100% Fruit Juice Milk/Water Sliced Ham | 100% Fruit Juice Milk/Water Cheerios(WG) | 100% Fruit Juice Milk/Water Rice Cake and Jelly | 100% Fruit Juice Milk/Water Rice Chex(WG) |
| Lunch | Memorial Day | Pig in a Blanket Corn Tortilla(WG) Green Peas Pears Milk or Juice | Allergen Friendly Meat Loaf Brown Rice(WG) Cauliflower Mandarin Oranges Milk or Juice | Chicken Tacos Corn Tortilla(WG) Baked Beans Peaches Milk or Juice | Allergen Friendly Pasta with Meat sauce(WG) Green Beans Pineapple Milk or Juice |
| PM Snack (Early Ed and After School) | | Rice Cake Raisins | Applesauce Tortilla Chips | Cheerios(WG) Fruit Cup | Sun Butter Celery Sticks |

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